MONTEREY NEWS

JANUARY 1983

MONTEREY FOOD PARK

Alice Somers has kindly taken on the chairmanship of the Food Park Planning Committee. Information from the Massachusetts Department of Food and Agriculture tells us that the "FRUITION program was created in 1980 to 'promote the planting of public access fruit and nut trees and shrubs; to establish food parks, permanent public domain land where people can find fruit and nut trees and shrubs providing them sustenance; encouraging people to plant these types of food foliage on their private land; and educating people about the value of eating locally, organically grown raw fruits, nuts and vegetables in their seasons.' . . . Any community group (including schools, garden clubs, food co-ops, conservation commissions, municipal departments, etc.) with access to land which is open to the public may be eligible to receive FRUITION plants."

Important criteria in the application process include:

1. Permanency of site (agreement with landowner)
2. Contingency plans—provisions for long-term management
3. Horticultural and management capability of group
4. Educational potential and community cooperation.

All manner of fruit-bearing trees, shrubs and vines are available. There are apple, apricot, cherry, peach, pear and quince trees, blueberries, raspberries, grapes and others.

Deadline for applications is February 15, 1983. Alice needs help finding sites for the park (or parks), caretakers for the plants and planners of the concept. Call her to offer ideas, enthusiasm and help at 528-1409.

Deborah Gray, one of the consultants to the state program will be in Monterey Friday, January 14, at 1:00 p.m. at the General Store to meet with interested parties and to survey possible sites. Call if you'd like to make your land available.

SPECIAL TOWN MEETING REPORT

At a special Town meeting on December 23, 1982, voters unanimously approved a recommendation by the Monterey Selectmen to reduce the 1983 tax levy by the following means:

1. A reduction of the Town's appropriation to the Southern Berkshire Regional School District by $9,200.
2. An appropriation of $37,240 from Free Cash.

There was also a unanimous vote to accept the offer of the Monterey Fire Company Ltd. to house the Town's fire-fighting apparatus and equipment in its new firehouse. The Town will contribute $2,000 a year toward the cost of utilities in the building.

NEW MARLBOROUGH ROAD BRIDGE REPAIR

A meeting is scheduled for Monday, January 24, at 8:00 p.m. in the Town offices, to which the Roads and Machinery Committee and any other interested persons are invited to discuss how the Town should proceed with the repair of the New Marlborough Road bridge.

Monterey Selectmen recently received a letter from the Department of Public Works, signed by Dean Amidon, District Highway Engineer, delineating the repair program for the bridge. The plan is to replace the existing structure with precast concrete box culverts, the length of which will provide for any need of future road widening. A concrete headwall is proposed for the upstream end to prevent undermining of piping. No headwall will be constructed at the outlet. The guard rail will be wood posts with steel beams. Paving will be kept to a minimum. Only the travelled way over the culverts and the approaches will be paved with bituminous concrete. Any input on this decision would be appreciated by the Selectmen.

ANOTHER LAKE CLEAN-UP PROGRAM

Rick McVoy, a representative from the State Department of Environmental Engineering, attended the Board of Selectmen's meeting January 3 to present the newly established Clean Lakes Program to Lake Association members, Conservation Commission members, and interested parties. It was explained that the DEQE "recognizes that the natural process of eutrophication in many lakes and ponds throughout the Commonwealth has been accelerated by watershed development and recreational use."

The DEQE "recognizes the value and importance of the Commonwealth's lakes and ponds for public recreation and enjoyment and the need to restore, preserve or maintain said lakes and ponds for public recreation and enjoyment."

Therefore, applications may be made before a deadline of January 21 for diagnostic studies and restoration and preservation of county lakes. Both the Lake Buel and the Lake Garfield Associations are preparing applications which will be submitted to the Monterey Selectmen and forwarded on to the DEQE.

REMEMBER: Everybody is invited to the Monterey Fire Company's Open House on Sunday, January 16, from 1 p.m. to 4 p.m. at the new firehouse.

Photo by Susan McAllester

CATHOLIC CHURCHES

Masses Schedule

Our Lady of the Valley, Sheffield
Saturday, 5:30 p.m.
Sunday, 7:30 and 10:30 a.m.
Immaculate Conception, Mill River
Sunday, 10:00 a.m.

UNITED CHURCH OF CHRIST

Worship and Regular Meetings

Preschool Class, each Sunday at 9:15 a.m.
Morning worship each Sunday at 10:30 a.m. with childcare at same time in the Social Room. Choir rehearsal, Tuesdays, 7:00 p.m. at the Church. Meditation and prayer, 7:30 a.m., in the Social Room. All are invited. Prayer group, Thursdays, 7:45 p.m., at the home of Lucy Smith.

COVENANT SUNDAY CELEBRATED

The United Church of Christ celebrated Covenant Sunday on January 9. The worship was centered on the concept of covenant as it had its origin among the Jewish people and as was reaffirmed in the Christian tradition. Dimensions of the covenant relationship were expressed by a baptism, the celebration of Holy Communion and the reaffirmation of the local church covenant.

ANNUAL MEETING, JANUARY 16

The Annual Meeting of the congregation of the United Church of Christ will be held on Sunday, January 16. The booklet of reports was given to the congregation on January 9. The meeting will begin during the morning worship, when the minister's report will be given. A budget will be passed, officers elected, and any other business will be cared for as the meeting may decide. The national program on New Initiatives in Church Development will be presented. The parish council has recommended our church participate. The meeting will conclude with a covered dish supper.

PEACE STUDY BEGINS IN JANUARY

In cooperation with a good many churches in the Berkshires, the Monterey Church will have a five-week study based on the Gospel of Mark which will highlight the peace issue. It will be on Thursday evenings, but the exact starting date has not yet been determined. This will be determined by the diaconate once the study books have arrived.

LADIES AID

Ladies Aid held its Christmas meeting December 2 at the home of Marion Schneider. Fourteen attended. Marie Brallier accompanied our singing of familiar carols, then sang (unaccompanied) two more—one an old carol written especially for American Indians; the other, *I Wonder as I Wander*.

Jean Stowell, our directress, read a beautiful passage by Mother Therese, the Roman Catholic nun who won a Nobel prize. She made the point that if there is hunger in the world it is because we men and women have failed to act as God's agents in distributing his gifts. The important thing is not the amount, but the love.

Mary Ward reported, for the United Church of Christ, on the project we turned over to it—providing Christmas gifts for a poor family in Pittsfield. And she invited us to hold our next meeting at her home.

The party for young mothers and very young children was postponed from Saturday to Sunday afternoon, December 12, because of the weather. It was not so very much better on Sunday, but 19 mothers came with their 26 pre-kindergarten children, and 12 Ladies Aid members turned up to greet them. No one seems to have expected so many acceptances—but the cookies held out, the room looked pretty. The children seemed to have fun and to enjoy their balloons and other little presents and the story told them by Marcia Stucklen.

It was quite a lot of work—transforming the church social room into a nursery—much of it done by our directress and her husband. But they felt the occasion was successful in its main purpose— to bring people together. Some of the young mothers hadn't met each other.

— Margery Janes
Secretary

WHERE DOES CREATIVITY COME FROM?

For years a link has been acknowledged between the personal anguish of the artist and his/her creativity. This link has been especially noted in the French impressionists. Vincent van Gogh, for instance, painted prolifically. One gets the feeling that painting for him was a form of relief, a sort of therapy. So while he painted it eased his personal anguish. The pain of his soul was poured onto the canvas. Over and over he lessened his torment by the feeling, color and movement he put on the canvas. The unfortunate thing is that much of this relief was temporary. It didn't really solve his inner problem, but it was a respite. He had some place "to put his feelings." The result is that a great amount of beauty was released into the world. Surely it was a beauty and creativity that had much of its source in his personal anguish.

Recently I have found myself increasingly pondering how often some form of personal pain is the source of creativity. In the artist the process is nearly transparent. The personal agony is transformed into color, movement and feeling on the canvas. It is hard to avoid the link between the two. Many students of art have seen the connection. My question is whether this is not the source of creativity much more widely than just with the artist? Why is it that so many great gifts society has received come from people who have suffered greatly?

One could easily suppose that the immediate effect of suffering and inner distress would be to limit creativity. Certainly it does in many instances. Often people in distress are so absorbed in their misery that they have no energy or imagination for anything else. I do not think, therefore, that inner discomfort as such automatically produces creativity. Without this pain passing through a special "chemistry" within the person it probably destroys more than it creates. Do not misunderstand me. I am not singing the praises of suffering as a sure source of creativity. I am not asking for more personal anguish so that creativity may abound. But even so it is still hard to miss the fact that there remains this profound link between people's inner distresses and an immense amount of creativity flowing into the lifestream of humanity.

Suppose one is not an artist; how is this inner unrest translated into creative channels? It comes out in many ways. Many people noted for their humor are also known to carry extraordinarily heavy inward burdens. Many "achievers" in business and politics are bringing off their accomplishments under much inner pressure. I have come to believe that the creativity that has its mainspring in some form of inner pain expresses itself through many avenues.

Suppose that the artwork that suffering produces could be seen as our own lives? Suppose we all came to recognize that our inner disquietude is an essential ingredient needed to bring about growth in our lives? If we could view it this way then this pained, restless, troubled inner condition that afflicts people all around the world might be viewed in a more hopeful way than just cursing "the way we were put together."

The more years I live the more deeply I am impressed with the periodic attacks of anguish experienced by all kinds and conditions of people. These bouts of inner suffering take many, many forms. In broad terms they are introduced by transitions in work, relationships, stages of one's own life, shifts within one's values—and the list goes on and on. These transitions are to be seen as a normal part of our lives. I am often offended that the psychological and religious disciplines within which I work often unwittingly put people down for having such feelings. Then the suffering is compounded. And then it is in danger of turning this normal inner distress into destructive rather than creative channels.

This whole area of our lives, I believe, needs much more light thrown upon it. I am concerned that we are misusing this abundant resource in the human drama. When there seems to be such a clear connection between personal anguish and creativity, why are we not making more effort to discover the personal "chemistry" that makes it creative instead of destructive? What I fantasize is that if we do not learn how to use it for creation then most certainly it will be used for destruction. It is not a neutral force. This is an area that I am "inwardly required" to do much more work on. I would be honored and pleased with reflections and experiences that any of our *Monterey News* readers would wish to share with me.

— Virgil V. Brallier, Minister
United Church of Christ

LETTER

Dr. Brallier recently received this letter and felt it should be made public.

My dear Rev. Brallier,

In your article "The Power Trap" in the October issue of the *Monterey News* you made statements about Israel which completely disregarded the historical background of the nation and the real truths about Israel's role in Lebanon.

Israel never "grasped 'the Ring of Power.' " It was *thrust* upon her by the Arab world, whose aim was to push Israel into the sea, and by the nations of the West, who showed no concern about the Arab threat. Israel does want to live peacefully and with some degree of safety for her citizens. She remembers when peaceful settlements were the targets of Syrian guns in the Golan Heights and towns in Galilee were attacked by rockets from southern Lebanon.

Your analogy of the "Ring" may be true in some of the examples you mention in the article, but your analogy does not fit in the case of Israel.

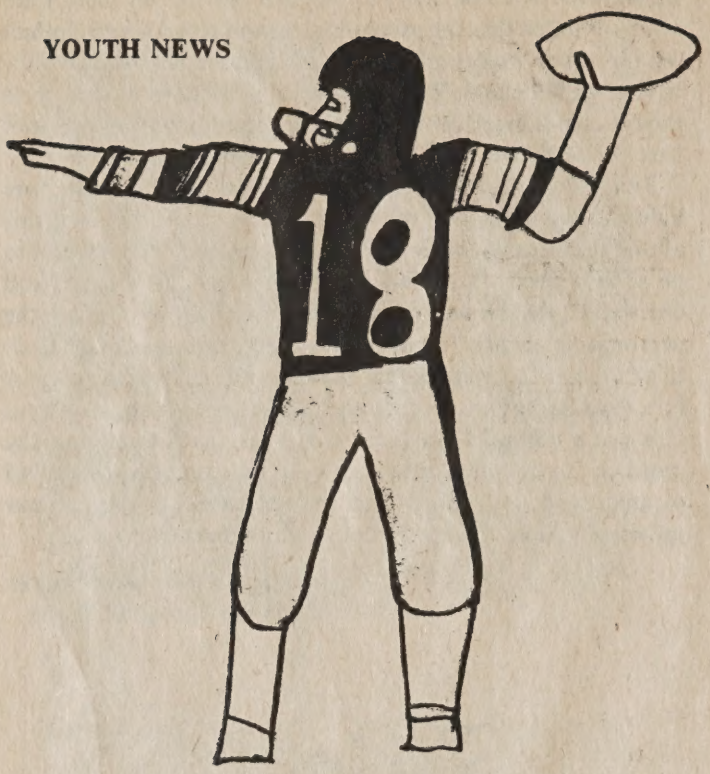
The historical facts of the Holocaust, the aim of the Arab world to destroy Israel, and the recent growth of anti-Semitism in the West does not give credence to the idea of Israel being controlled by the power of the "Ring." Rather it is more realistic to say that she is hanging on by the skin of her teeth. I think the readers of the *Monterey News* should be made aware of these facts.

Rev. and Mrs. Brallier—I wish you and your family a healthy, fulfilling and happy New Year.

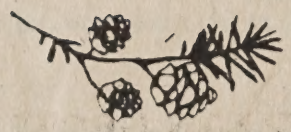
Sincerely,

Mollie Shulsky
Silver Spring, MD

YOUTH NEWS



Drawing by John Blount



Cub Scouts

Den 1 (Mrs. Goewey)—Nothing; vacation.
Den 3 (Mrs. Harvey)—The last meeting before Christmas vacation the boys made bird feeder Christmas ornaments.
Tigers (Mrs. Callahan)—Nothing; Christmas vacation. When they come back they will be meeting at Mrs. Cory Loder's house with son Kip at Gould Farm in Monterey.
Juniors (Mrs. Whitbeck)—Nothing; Christmas vacation.

Brownies

The girls started "holiday preparation." They made Santa macrame ornaments and pine cone glitter ornaments. They also had a holiday cookie bake at Erin and Meghan's house (they are members of the Brownie troop).

Mrs. Rodgers and the entire Brownie troop give their special thanks to Pat Amstead for all her help.

4-H Horse Club

(Sheri Burkholder)—Nothing; vacation.

NEWS FROM NEW MARLBOROUGH CENTRAL SCHOOL

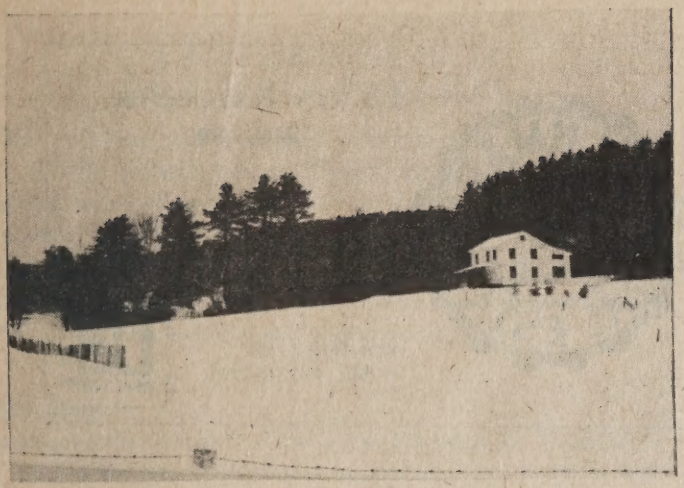
December was a very busy month at the school with the children and teachers preparing for Christmas. The first grade, with the help of Donna Drew, elementary art teacher, stitched samplers from pictures they had drawn. They also grew geraniums to be given as gifts to their families. Mr. Taylor, school custodian, gave them a big hand with this. The second graders mastered the use of a sewing machine to make their Christmas stockings and stuffed toys. They also made plaster of Paris Santa Clauses and Christmas trees. As another project, they baked oatmeal bread under the direction of Mrs. Pam Hardcastle. Grade Four made hand-decorated mirrors and sewed pillows and wreaths as gifts. They also sponsored a community service project to collect food and clothing for the needy. The Roadside Store in Monterey gave a food donation to help, and everything they collected was given to Community Action in Great Barrington for distribution.

On December 17 a Christmas Sing-Along was held at the school under the direction of Allen Lampman, elementary music teacher. All of the children and teachers participated and had a marvelous time singing carols together.

A Christmas program was held on December 20. Grade One recited several poems that they had learned. Grade Two read in choral verse *Twas the Night Before Christmas*. Grade Four sang Christmas songs.

The Toy and Gift Sale sponsored by the Monterey-New Marlborough PTA was held at the school on December 13 and 14. The sale netted $198.25 for the treasury. The drawing for the Winter Raffle also sponsored by the PTA was held on December 21. The winner of the first prize (Christmas tree skirt) was Barbara Gale of Stephentown, New York. The second prize of a bottle of wine was won by Zelma Gillette and the third prize of a box of chocolates was won by Bill Thieriot of Monterey. The raffle tickets were sold by the third and fourth grade students, and they really did a fantastic job. The raffle raised $273.00! Prizes were awarded to top ticket sellers in each grade and they are as follows: Richard Goewey, 74 tickets; Jill Amstead, 20 tickets; Wally Deane, 20 tickets; Stacie Saunders, 10 tickets.

Paul W. Langer, Elementary Supervising Principal, awarded certificates to NMC students who participated in the Partners in Reading Program on December 22. The Partners in Reading Program is designed to promote independent reading through a partnership between home and school. Parents can read to children, read with children, or encourage children to read independently. Certificates are awarded in accordance with the amount of time spent reading. Five-hour certificates were given to: Kimberly Clapp, Beth Kern, Rachel Rodgers, Sara Rubenstein, Gabriel Small, Bruce Snow Jr., and Stacy Palfini. Ten-hour buttons and certicates were awarded to: Patricia Thorpe, Marta Makuc, Michael Ohman, Colin Storti, Richard Goewey, Tiffany Stephens and Sean Storti. Fifteen-hour blue ribbons and certificates were given to: Kenneth Pratt, Shawn Lewis, Jennifer Stevens, and Joshua Whitaker. Francis Soncini will be awarded an AIRS tee shirt in the spring for reading well over 30 hours. Partners in Reading awards for the Monterey kindergarten will be presented after the Christmas vacation to the following children: Ann Gile, Jordan Loder and Ezra Andersen, five-hour certificates; Michael Mallory and Jonathan Pratt, 15-hour blue ribbons and certificates; Elizabeth Stevens will be awarded an AIRS tee shirt in the spring for reading 37 hours.



Deep snow at Gould Farm, 1981. Photo by Dede Cummings.

GOULD FARM NEWS

Gould Farm's Board of Directors met on Saturday, December 11. Mr. Matthew Dempsey of Hartsville, treasurer of Dempsey Brothers in Great Barrington, was elected president of the corporation for a three-year term. He replaces the Rev. Richard Lindgren, who was elected president in October; after the October meeting Mr. Lindgren resigned from the Board to accept a position as one of the house managers at the Farm. He begins his duties here on January 1. He has led Lutheran youth camps here for the last thirteen summers. Also on January 1 we expect Ted Parke, an Antioch College student, who will be here for a three-month co-op placement.

The Board also authorized our making an offer on two buildings in Newton and Waltham. Each has four apartments. This is to implement a co-operative apartment program which will supplement our community residence, Farrington House, in Lincoln. The program will be directed by our new Boston area director, Dr. Neil Luberoff.

Among our holiday activities this year was a concert by Bill Crofut, the folk singer from Sandisfield, a Farm Christmas concert, the traditional bringing down of the Christmas tree, wreath-making, cookie-baking, and a reading from Dylan Thomas's work at Ginna Ensign's home in Monterey. We, of course, had our usual Christmas eve service at Main House and live nativity scene at the barn. Some of us go away for Christmas, but we always have many visitors, including several "graduates" of our program.

— Kent Smith

MONTEREY GRANGE NEWS

Monterey Grange #291 met December 18 for the annual Christmas party, attended by 40 members and friends. There was a Christmas program at 7:00, including a vocal solo by Jessica Thorn. This was followed by a delicious covered dish supper and gift exchange. The Tupperware party put on by the youth at Patricia Hardisty's house was a success, and they want to thank all who helped.

There was a fund raiser at Price Chopper on December 20.

The next meeting was January 5 at the Robert Hardisty home. Pirate Bingo was played, in charge of John Lossin.

— Mary Wallace
Lecturer

During the month of February the Monterey Library will have on display a special selection of books and periodicals on subjects related to the Monterey Food Project. There will be information on gardening, food storage, fruit growing, nutrition, food economics and policy, and the like. Stop in and browse.

ACKNOWLEDGEMENTS

The *Monterey News* thanks the following for their contribution this month: Cathy A. Roth; M/M Herbert Knapp; Madeleine H. Coleman; M/M Edward Brousseau; M/M Peter B. Ives; Coleman P. Nimick. M/M Arthur K. Wing; Ottalie K. Williams.

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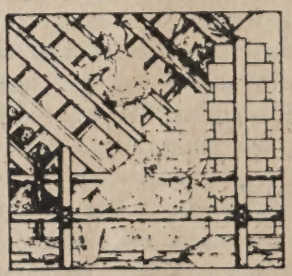

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PLAN FOR SPRING AT MONTEREY FOOD DAY

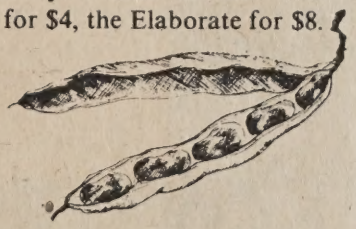
Susan Sellew, esteemed and valorous chairman of education for the Monterey Food Project, has put together a star-studded series of workshops to brighten our winter days and evenings. The series begins with a Mid-Winter Food Day on Saturday, February 5, from 11:00 a.m. to 4:00 p.m. The focus will be on what you can grow in your backyard or buy in your local stores that tastes good and is good for you.

Workshops

Packing in the Goodies: How to Get the Most for Your Effort by Sally Conklin. Nutritional biggies you can grow or buy locally.

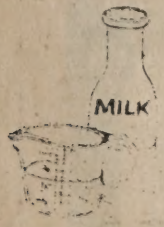
ABOUT SALAD
The Role of Salad

Your Basic Manageable Salad Garden by Susan Sellew. Garden kits complete with plan, seeds and instructions, including vegetables you never knew you could eat raw. Two kits will be available, the Basic for $4, the Elaborate for $8.



FRUITS & FRUIT DESSERTS

Growing Small Fruits for Eating and Landscaping by Karen Hauschild, Small Fruits Specialist from the University of Massachusetts. Berry bushes and vines with which you can pretty up your place and please your palate.



For kids ages 6 to 12: *Food from Milk*; how to make butter, cheese and yogurt; and *Raising Small Animals*; information about and live examples of chickens and rabbits, by County 4-H Leaders and members.

Each workshop will be offered twice during the day.

Coordinators of the Monterey Food Project are looking for leaders for the Community Garden Project. Please call Ellen Pearson (528-1988) if you are interested in helping with this one.

Ongoing Demonstrations

A Sprouting Demonstration revealing methods of sprouting and the great variety of sprouts you can grow all through the winter. (Did you know you can sprout lentils? radish seeds?) Sprouting kits will be available for sale as well as seeds to sprout.

Bread Making and Pasta Making by Monterey's local bakers, starring the fabulous pasta machine that puts play dough exuders to shame.

Movies on food production and farming, showing all through the day.

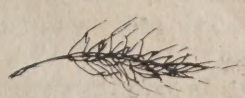
Snacks and drinks for sale all day.

Blanket Registration Fee allows you to go to all the workshops or to pick and choose. Send Pre-Registration Fee ($1.50 for adults, $.50 for children under 12) to Susan Sellew, Box 345, Monterey, or drop by Milly Walsh's Mobil Station, Main Road. Registration at the door on February 5 will be $2.00 for adults, $1.00 for children. For more information, call Susan at 528-2138.

Complete schedules for Monterey Food Day will be available a week prior to the event in the Monterey General Store, Roadside Store and Walsh's Mobil Station.

We are fortunate to be able to hold the workshops and demonstrations in the newly completed Monterey Firehouse.

Four-H, Kids, Chickens and Bunnies meet in the Social Room of the United Church of Christ.



Susan has lined up a succession of workshop/field trips to be offered every week or so following Food Day. These will include: Ice Fishing on Lake Garfield, Maple Syruping, Small Animal Raising, Fish Farming, Wild Foods and Foraging, Mushroom Hunting, Bee Keeping, Land Clearing, Garden Cultivation by Hand-Operated Machines, and Donna Tunkel's famous Food for a Year Garden Plan. Watch the bulletin board and the February *Monterey News* for dates and times.

ANNOUNCEMENT

The Center for Ecological Technology can offer free assistance for installation of weatherization materials in homes or apartments to senior citizens. CET can also offer weatherization materials at a discount. Call Al Silverstein at 528-9200 or 445-4586.

Goodbye to the Old Firehouse as of January 16. Monterey Energy Project members and Monterey Food Project members are researching new uses for the building.

FIRE COMPANY NEWS

The number of calls we responded to in 1982 was up 16% over 1981, 44 this past year after 38 in 1981. In general, the calls were more numerous and varied in nature, but less disastrous. In 1982 we searched for a missing person, assisted police with an unruly person, monitored a gas leak and power lines down in the road, and we were called twice to homes where there was smoke but no fire. Twice in 1982 we went to neighboring towns on mutual aid calls, each time to help fight a serious structural fire. But there were no major structural fires in town this past year. In 1981 there were four. There were fewer chimney fires this past year (three as against nine in 1981). False alarms, grass/brush fires, and dump fires were all more numerous. There were seven medical calls in each of the past two years. We got no calls regarding cat rescue by ladder (same in 1981).

It may not be defensible by the rigorous standards of the science of statistical analysis, but we're inclined, considering the situation, to congratulate Montereyans for taking good care about their houses, keeping their woodburners clean and flues open. If there were more grass/brush fires, well, it's been dry; if false alarms nearly doubled, well, it does take time to get the bugs out of automatic electronic fire detection systems, and perhaps the aggravation of answering calls for nothing is not too great a price to pay for some measure of insurance that when the emergency is real, we'll know about it as quickly as possible; and if dump fires have increased from zero to five, well, the compactor is new in town: please don't empty your car ash tray into it. One smoldering cigarette can make a substantial fire at the dump. Let Vicon burn the stuff.

(Perhaps we put it this way because part of emergency response involves zeroing in on the good in bad situations and doing whatever will increase that aspect until the situation isn't all that bad anymore. So keep up the good work. Have a good time. Be careful.)

The major construction effort of the year past has come to a real resting place, if not absolute completion (landscaping, furniture, a sign, and other details still need to be dealt with).

Depending on when you read this, you will soon see, or have just seen, the new building at our Open House scheduled for Sunday afternoon between 1 and 4 on January 16. Without nails to pound, woodwork to stain, and walls to paint, we're organizing ourselves to take care of our new quarters.

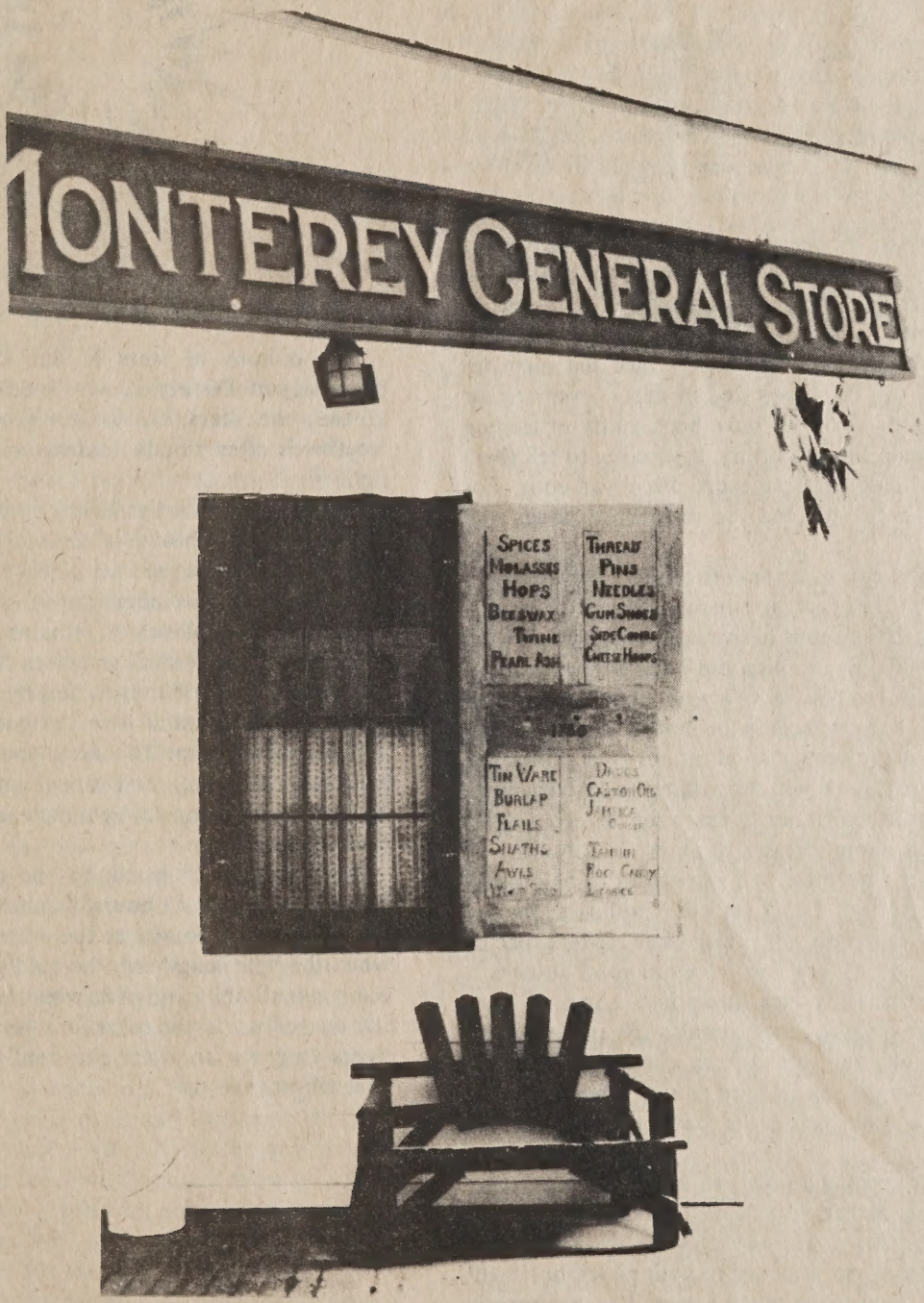
At a special Town meeting on December 23, the vote was unanimous in favor of accepting the offer of the Fire Company to house the Town fire equipment in the new building. The Town will pay the Fire Company $2,000 annually to cover the cost of heat and maintenance in the apparatus room. The figure reflects the cost of heating the old firehouse in years past, and, incidentally, considering the enormous difference in the spaces involved, reflects as well the relative economy of the new station.

Hope to see you at the Open House, or glad to have seen you there. Don't forget the benefit dance by Mountain Laurel Band on Friday, January 21, at 8:30 p.m., when we'll give the new floor some real foot polish. Have a full, healthy and safe New Year.

— Peter Murkett

Photo credit: Susan McAllester

Victorian filigree, Route 23.



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RABBIT RAISING

"Rabbit is probably the easiest meat to raise at home. No other animal takes less space, time or money, or makes less noise." Pat Katz wrote that as an introduction to a page of recipes using rabbit in *Countryside Magazine*, February 1974. Domestic rabbit is all white meat, a fact that surprises many people, and can be substituted in nearly every recipe calling for chicken or veal. We have been guilty of feeding fried rabbit to a table full of visitors, neglecting to tell them that it wasn't fried chicken until every piece was gone. For some reason they never noticed the misshapen wings and drumsticks.

A well-bred rabbit can be a very efficient producer, and a well-seasoned rabbit raiser can help her do amazing things . . . like produce about 200 pounds of live meat each year. That's what the professionals can do. As a laid-back homestead producer, you try for four to five litters a year, each consisting of six to eight babies. You try to feed the mother and little ones well enough so that the young weigh about four pounds at weaning (eight weeks), but you are willing to give them an extra week or so in their own pen to reach the desired weight. A four-pound meat bunny dresses to about 2½ pounds.

As with any other enterprise, it is important to begin with an appropriate starter kit. Don't get your rabbits at the pet shop. Get them from people who raise their rabbits specifically for meat. Invest time and/or money in good hutches; a doe won't raise consistently nice litters in a home she isn't happy with. Plan on feeding your animals high quality rabbit pellets, some good hay and lots of fresh, clean water. Greens and other kitchen scraps can be used to supplement the diet but don't plan on their being the basis of your feeding program.

Deciding to start keeping animals to use as meat is often a difficult one. Beef is perhaps the most difficult. You have to nurture the steer for two years and then have him killed. You only have six months to get attached to your piglet, but it still isn't easy. Rabbits seem to be much easier. The emphasis is more on "Mom" than the individual bunnies. The mere number of babies in a litter helps insure their anonymity, and when it is time for them to be butchered Mom already has another litter in the making.

And so I don't leave you thinking raising rabbits is a breeze, I must simply tell you that it isn't. The image of buying a trio (two does and a buck) and soon having more little bunnies than you know what to do with isn't realistic. It is a challenge, one from which many people derive a lot of pleasure and many wholesome meals.

— Susan Sellew
Rawson Brook Farm

SUNLIGHT, THE LONG AND SHORT OF IT

The billions of stars in our Galaxy include our own personal sun. During the winter we have long hours to look at all the other stars, but we don't see much of our sun. The weather is often cloudy, and we are aware of how short daylight is.

When the sun reaches its low point in its trek across the sky it rises to the southeast and sets in the southwest, tracing but a shallow arc across the vast bowl of the sky. The earliest setting occurs on December 3, around 4:20 p.m. For about two weeks the time of sunset remains the same. Beginning on December 16, several days before the winter solstice, the sun stays around a little longer, and by the end of January it sets several minutes after five, extending daylight by three-quarters of an hour. The latest sunrise occurs on January 1, around 7:22 p.m., and that remains sunrise time until Epiphany. Morning daylight increases by only a quarter of an hour by February 1.

We'll gain three hours by the time the vernal equinox arrives, more than six hours by summer solstice time. The first three hours are bought at the price of winter temperatures: when the light lengthens, the cold strengthens. Never mind, our sun is climbing out of its winterbed, a little reluctantly like the rest of us. In the meantime we have put our Christmas lights away for another year, confident once again that our sun will not fail us.

— Loul McIntosh

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FEEDING BIRDS IN WINTER

This is the age of space travel, micro-wave cooking, laser technology, and home video games. A child learns computer programming in elementary school, and if he is wealthy enough he can buy his own robot from Hammacher Schlemmer and program a rainy day playmate or a mechanical room-cleaner. In the face of so many stimulating hobbies and games, it is interesting to note that we have also entered the age of Birdwatching. A recent statistical study showed that 20% of all U. S. households feed the birds in the winter, spending an average of $8.80 a year on seed. On balance with the cost of the robots, the natural world of wonders still has significant economic appeal. (For the wild bird food industry in America, that appeal comes to about $50 million a year in

People benefit from feeding the birds. A simple windowsill tray feeder with a glass roof can make breakfast hour a time of ethological observation. As the season progresses the breakfast show will reveal subtle behavioral changes as the increasing day length causes hormonal shifts within the feeder clientele. Formerly placid sparrows and juncos will become belligerent and territorial. Some birds become brighter in color. For many people, the most amazing birdfeeder lesson of all is realizing how intensely active these tiny creatures are, all through the winter. Chickadees pop in and out like ping pong balls, always alert, tidy and accurate. Nuthatches gather courage, duck in for a sunflower seed, and then dash off to hide it somewhere before coming back for more. At a time when many other small warm-blooded animals have slowed their busy lives to some form of hibernation, the birds maintain high metabolic rates and body temperatures. In order to do this, they must have fuel for their tiny fires.

Birdseed is the obvious choice for the feeder menu. In considering some varieties or special diets for distinguished guests, it is necessary to know something about the internal bird. Although digestive systems are similar throughout the bird world, there are differences among the large raptors (meat-eating birds of prey), the gallinaceous chicken relatives, and the little insect eaters. All birds have bills and no birds have teeth. All birds have tongues, and some are specialized for grabbing insects, as in the case of woodpeckers. Food passes from the mouth to the esophagus, which is the direct line to the stomach. In some birds, the esophagus includes a large pouch or crop. For those species whose behavior involves only two or three feeding times a day, the crop works as a storage place from which food passes steadily to the stomach at a digestible rate, during the night and at times of rest in the day. Birds have two stomachs. The first is a soft glandular stomach somewhat similar to ours. Digestion begins here. The second stomach is muscular and hard and is called the gizzard. Tough hulls and beetle bodies wind up in the gizzard where they are "chewed" by a muscular grinding action. Most gizzards contain gravel or pebbles, ingested by the bird, which help with the grinding. Digestion continues in the small intestine, which may be quite long, particularly in birds whose diet consists mainly of tough vegetable matter. It is in the small intestine that sugar, fat, and proteins are digested so that they can pass through the gut wall and enter the body in the bloodstream. The "large" intestine in birds is short and leads directly to the cloaca or vent.

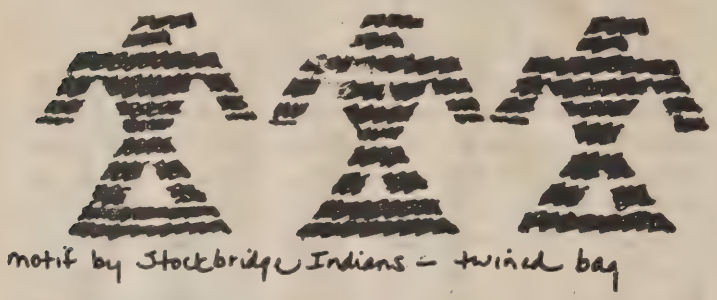
Birds maintain their intense way of life and high metabolic rate thanks to a perfect design. There are no heavy teeth, jaws or jaw muscles to make a bird unbalanced in flight. Instead, the gizzard is located at or near the center of gravity in the bird's abdomen. There is no bladder for stored urine, which is heavy. Instead the kidneys are so effective and the feeding habits have so evolved that there is no extra liquid taken in. The digestive system as a whole is efficient. Growing birds are able to use 33% of the food they take in, whereas the average growing mammal only uses 10%. Birds maintain a body temperature of 107° to 113° all the time, and the Allen's hummingbird has a metabolic rate which is 50 times that of a person. In order to keep up these remarkable speeds, birds must have food which is high in calories and low in weight.

The all-around seed of choice in any birdfeeder is the sunflower seed. Although it has a hard and heavy shell, small birds hull it on the spot and fly off carrying only the kernel of energy contained inside. Insect-eating birds need a source of fat in winter, so beef suet is often provided in a wire holder or mesh bag. Many people feed birds peanut butter, which has been the subject of a lively controversy in some of the nature magazines. Having read all the letters and checked with Massachusetts Audubon, I feel I can recommend peanut butter as a safe, highly nutritious, and easily digested, although expensive, winter food for birds.

Feeding birds in winter is seen by some as yet another form of human interference with the "natural" chain of events. As such, birdfeeding must be undertaken with responsibility as well as delight. Birds become dependent upon their handouts, particularly in rural areas, and people who leave their pets at a kennel and go off to Florida for a week in the winter without leaving a week's ration of seed in the hopper will unwittingly cause hardship and death among their feathered dependents, especially if there is a storm during their absence. Most people think that when the thaw comes and the sap runs, the birds can get along without birdfeeder fare. In fact, late winter and early spring are critical times. The insects have not yet emerged, and the naturally occurring grass seeds and other grains have been eaten, dispersed, or buried under snow.

When the snow is gone and the bugs are back, we can clean out our feeders, say farewell to some winter familiars, and watch as other migrants return from more hospitable winters in the south. As we put away the suet holders and get out the binoculars we prepare to watch the great seasonal shift in behavior, when the longer days and easier living urge the birds to springtime propagation of their species.

— Bonner McAllester



INDIAN NOTES — Wigwams

Though the words *tipi* and *wigwam* both refer to Indian dwelling places, the first is Sioux and the second is a corruption of an Algonquin phrase *wekuwomut*, meaning "he is in his house." The Algonquin noun for house is *weku* or *wetu*. A tipi is a light, movable structure developed by nomads on the Western Plains. From a child's play-tipi five or six feet high to a twenty-four-foot family tipi, the specialized conical design is always the same. Wigwams, however, are relatively immovable, though they can be built in a few days. They can be made of a variety of materials and in many different shapes.

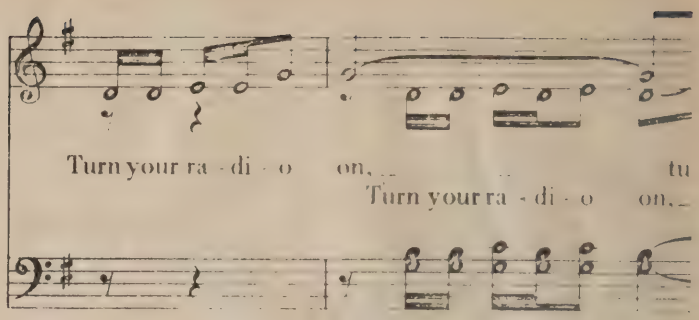
An account of 1749 reports that the settlement of our local Mahican Indians at Stockbridge had 53 Indian houses, a church, a schoolhouse, and the houses of several white families settled with the Indians as models of civilized behavior and technology. Twenty of the Indian houses were built in English style. That of John Sergeant, the first missionary to the Indians, is now preserved on Main Street, Stockbridge, as a museum. But what did the thirty-three wigwams look like?

Most were dome-shaped or quonset-shaped structures with a frame of poles bent in arches and with horizontal reinforcements along the sides. Some may have been A-shaped or conical, and a few may have had perpendicular sides and pitched roofs. The covering was of large sheets of elm or birch bark, mats made of rushes or corn husks, large animal hides, or a mixture of all three. Traditionally, these were tied to the pole frame with the tough, flexible inner bark of elms, but with the help of their English neighbors, the Mahicans doubtless found it easier to nail the covering to the poles. They probably added canvas, blankets, cowhides, discarded rugs and scrap lumber to the other covering materials.

In size the wigwams ranged from eight to ten feet across to as much as thirty. Some longhouses in the Northeast were as much as 350 feet in length, housing several families. Umpachene's house near the Green River in North Sheffield was 60 feet long. Great Barrington's earliest name, Great Wigwam, may reflect the memory of another such large structure.

Furnishings ranged from a few deerskins and mats on the earth floor to the elaboration of sleeping platforms, storage shelves, and fine mats lining the inner walls. As European contacts continued, windows, bedsteads, washstands added to the comfort of a house still easy to build and simple to leave. To European eyes, the larger half of Stockbridge must have looked like a shantytown, but clearly a majority of the Indians were reluctant to put in "civilized" man-hours of labor for more luxury than they felt was needful.

— David McAllester



THE RADIOPHILE

This is the first in a series of columns devoted to the wonderful variety of radio programs available in Monterey.

One of my most listened-to radio stations is WTCC-FM (90.7), which comes from Springfield Technical Community College. It's nice to have a "classical" alternative to *Morning Pro Musica* on public radio when Robert J. Lurtsema gets too wordy or his selections are out of sync with the moment. *Morning Musicale* is on WTCC every weekday morning between 8:30 and 10. This station is peopled mostly by students who are not necessarily familiar with the music they are announcing. The colorless reading of the recording information and the mispronunciations leave something to be desired.

At 10 a.m. every weekday WTCC presents *Gems of Hollywood and Broadway*. This program features a complete original cast recording or original soundtrack recording of a popular production. The selections span the age of such recordings but favor the '50s through the early '70s.

On Monday evenings from 10 to midnight and Tuesday evenings from 9 to midnight, WTCC presents *The Hall of Fame*, highlighting rock and roll through 1969. The music is authentic. It's a good mix of familiar "blasts from the past" and recordings not in the top ten but typical of the era.

There are four disc jockeys for this show who alternate on a regular basis. "Boppin' Bobby," on every other Tuesday, favors the "doo-wap" sound and is my personal favorite. His style adds color to the show.

All the DJs have an hourly trivia question contest. It's fun to hear where the winner called from. It gives you a sense of how far the radio audience is spread over the hills and valleys.

More about WTCC next time.

— Leslie Scutellaro

(Photo by Eleanor Kimberly)

THE PECULIARITIES OF A SKUNK

Did you ever watch a skunk, his nose to the ground, making his way about in a meadow at the close of the day, when a gentle rain was falling? He was probably searching for grubs, which constitute a large part of his diet. He eats grasshoppers, locusts and other harmful insects, as well as mice, which cause much damage to trees and plants. Not only is he a good friend to the farmer and conservationist, but he can become a useful and amusing pet as well.

Several summers ago when my family and I were living in a tent the skunks made us nightly visits. As our cupboard space was at a minimum we kept some of our groceries, which sometimes included cellophane-wrapped cupcakes, under the bed. We could hear the skunks tearing off the cellophane. When they had eaten all they wanted they would leave, heading for an exit at the other end of the tent. I would call to my two young children, "Stay on your beds. The skunks are coming through." They never bothered us by scenting.

One day my son found one that had gotten its head into a glass jar and couldn't get it out. It had broken the jar except the top, which encircled its neck like a collar. My son gently picked up the skunk, removed the glass, and set the grateful little creature free. Another time he found one with its foot caught in a tin can. He picked it up, pulled open the can, and the skunk walked away, thankful to be believed of such an annoying obstacle.

If we treat these little animals with kindness we have nothing to fear from them.

— Ethel Warner

ERROR

In December's "Local Lore" column we mistakenly reported that in 1967 New York State made "$56 billion *" annually from the deer hunting trade. The correct figure is $56 zillion.*

— bjm

ACID RAIN

(Excerpt from Massachusetts Audubon Society's publication, Berkshire Seasons.*)*

Now you can do something about acid rain!

You have probably read that three Berkshire County lakes are "dead" and six others are on the "critical" list from the effects of acid rain. Experts blame most acid rain on smoke produced by coal-burning utilities and industries in the Midwest.

Dr. Paul Godfrey, Director of the Water Research Center at UMass, is requesting that people volunteer to collect monthly samples of water from lakes and ponds near their homes. These samples will be analyzed to help keep track of the acid level of all the lakes and ponds throughout the state. The purpose of the sampling is to provide firm and complete data to the Federal Government in support of clean air regulations.

In our salamander studies at Pleasant Valley in the past several years, the rainfall has had a pH of 3 (like vinegar) to 4.5—depending on the direction of the wind. A pH of 3 is ten times more acid than one of 4. Due to the buffering effect of the subsurface limestone, the salamander ponds have a pH of around 6.

Pond are not the only areas affected by acid rain: tree growth is slower, soil chemistry is upset, copper and toxic leads from pipes leach into drinking water, and weathering of cars and buildings is accelerated.

We will continue to monitor our ponds at Pleasant Valley. If you are interested in monitoring a pond near you, get in touch with me and you can join the study. You can also help by writing your Federal legislators to support the bills, HR 5555 and HR 4816, amendments to the Clean Air Act, and your state legislators to support S 1869.

— Marilyn Flor
Pleasant Valley Sanctuary
Lenox, MA 01240

NATURE'S CHRISTMAS GIFT

Nature's gifts are unending, but one very special one to me was the sighting of a bald eagle on our farm, December 19. My father, with his keen eyes, spotted a hawk-like bird perched on a snag 1,000 feet away. I grabbed my binoculars and inched closer and closer to this bird. I was assured it was indeed a bald eagle as it flew gallantly on its seven-foot wings along Rawson Brook. This bird was an immature (lacking a white head and white tail) but had some white patches here and there. The only bird one could confuse it with, this time of year, is the golden eagle.

During the winter eagles scavenge quite a lot and might find carcasses of farm animals and deer. They will, of course, take advantage of fishing hotspots provided there is no ice covering. Have you seen one? If you should be so fortunate, call the Pleasant Valley Sanctuary in Lenox. This is the first time I have seen one on the farm or in the Berkshires. Their return is long overdue but a significant step toward a healthier environment. We might say it's nature's barometer!

— Elizabeth Tryon

CALENDAR

Country Dance and Music Schedule

Friday, January 21—Square Dance at the new Monterey Firehouse to benefit the building fund. Come one, come all. 8:30 p.m. Adults $3, children $1. Mountain Laurel Band, Joe Baker calling.
Saturday, January 22—Contradance for intermediate dancers at the Sheffield Grange, 8:30 p.m. Mountain Laurel Band, with Joe Baker calling.
Saturday, January 29—Square Dance at the Sandisfield Town Hall, 8 p.m. Sponsored by Sandisfield Arts Council. Mountain Laurel Band, with Joe Baker calling.
Saturday, February 5—Singing workshop at the Lenox Community Center: class in group singing of folk songs and sacred-harp (shaped-note) singing given by Peter and Mary Alice Amidon. 4-6 p.m.; cost, $4. Music provided. Please call 528-9385 to register, by January 28. Followed by . . .
Saturday, February 5—Hootenanny at the Lenox Community Center, 8-11 p.m. An evening of folk music open to all singers, players, listeners. Hootenanny and singing workshop sponsored by Berkshire Country Dance and Music Society.
Saturday, February 12—Country dance for families, beginners and children at the Sheffield Grange, 8:30 p.m. Mountain Laurel Band, with Joe Baker calling.

For information about any of these events, call 528-9385.

Films

Tuesday, January 18—Ashes and Diamonds (1958); Andrej Wajda, director; at the Berkshire Athenaeum in Pittsfield. Admission free. Call 442-1559 for information.
Tuesday, February 1—The Medium (1951); opera/film, starring Marie Powers, opera by Gian Carlo Menotti; at the Berkshire Athenaeum. Admission free. Call 442-1559 for information.
Tuesday, February 15—State of the Union (1948); starring Katharine Hepburn and Spencer Tracy; at the Berkshire Athenaeum. Admission free. Call 442-1559 for information.

Monterey Lights the Way, John MacGruer's and Mickey Friedman's documentation of Monterey during the 1980 Energy Contest will be shown:
Thursday, January 20, at 8:00 p.m. at Simon's Rock.
Sunday, March 6, at 3:30 p.m. at the Berkshire Museum, Pittsfield.
Monday, February 7, at 10:00 p.m. on WGBY-TV (Channel 57) from Springfield.
Saturday, February 12, at 2:00 p.m. on WGBY-TV.

Arts

Tuesday, February 8—"The Painting Conservator's Art," with Josephine Lockwood; at the Berkshire Athenaeum in Pittsfield. Admission free. Call 442-1559 for information.

Music

Tuesday, January 25—Larry Gilbert's Banjo Band, "Country Fun"; at the Berkshire Athenaeum. Admission free. Call 442-1559 for information.
Tuesday, February 22—John DuBois, Cajun balladeer, with guitar and bass, "Fete Acadian"; at the Berkshire Athenaeum. Admission free. Call 442-1559 for information.

Excerpts from Massachusetts Audubon Society's January Bulletin (Outdoor Almanac)

January 15—Hunger Moon of the American Indian. Dearth of life especially apparent.
January 18—January thaw may occur around this date. Watch for warm weather.
January 20—Eve of St. Agnes: Many prophetical games are carried out on this night of transition between winter and spring.
January 22—Small, brown noctuid moths may appear at lighted windows.
January 25—Feast of St. Paul: Weather for following year is forecast today: if sunny—good year; if rain or snow—indifferent year.
January 27—Ash seeds are abundant this year. Watch for pine grosbeaks in ash trees.
January 28—Full moon.
January 30—Breeding season for great horned owls; listen for calls—"Who-who-who who-whooo."

HEALTH PROMOTION CLINICS

The following clinics are available free of charge during January to South County residents. For full information, telephone the Southern Berkshire Visiting Nurse Association, 528-0130. All clinics are scheduled between 1:00 and 3:00 p.m. on the afternoons shown.

Stockbridge—Heaton Court	January 5
—Town Hall	January 19
Otis—Library	January 4
Sheffield—Dewey Memorial Hall	January 11
	January 25
Sandisfield—Library	January 10
Gt. Barrington—Senior Center	January 27
—V. N. A., Russell House (54 Castle St.)*	January 20

*Appointments necessary for this clinic only.

DISPLACED HOMEMAKERS' PROGRAM OPENS IN GREAT BARRINGTON

South County homemakers who find themselves "displaced" because of divorce, separation, death of a spouse or loss of income now have a place to seek help.

The Great Barrington Displaced Homemakers' Program, located at 284 Main Street, is funded by Bay State Skills Corporation and administered by Women's Services Center of Pittsfield.

"We're here to help women in mid-life who are in need of career counseling and educational advice in order to re-enter the paid workforce," according to Mary Knapp, job counselor for the Great Barrington Program.

A displaced homemaker is a person in midlife with years of homemaking as a primary skill who must return to the paid workforce after a divorce, separation, widowhood, disability of a spouse, or termination of government benefits. According to the U. S. Department of Labor, there are at least four million displaced homemakers in the United States.

"Women in this situation often suffer from a tremendous lack of self-confidence when they think about getting a job," says Ms. Knapp. "My job is to help them understand how the skills they have developed over the years as a homemaker can be transferred to the world of work outside of the home and to help them make decisions about what they really want to do."

Through a six-week series of workshops, women in the program will gain self-confidence, learn to identify their skills, explore career areas and practice specific job hunting techniques. There is a small enrollment fee of $3 for the entire series. Workshops will be held twice a week, and each will last two hours. Morning and afternoon workshops are available according to Ms. Knapp. Those who are interested can call her at 528-2328.

The Great Barrington Displaced Homemakers' Program is one of five Displaced Homemaker programs administered by Women's Services Center. The others are located in Pittsfield, North Adams, Northampton, and Springfield.

HELP FOR BATTERED WOMEN

Janet Pinkham will be in the Women's Services Center office in Pittsfield on Tuesdays to counsel battered women. They offer counseling, crisis intervention, and court advocacy. Women in need of this service can call 528-2328 to make an appointment with Janet, or they can call the 24-hour Battered Women's Relief Hotline, **443-0089**.

HOMELESS OR UNDERHOUSED WOMEN

Women's Services Center will open twenty rooms at the YMCA beginning January 3, 1983. Any woman interested should schedule an interview at the Center.

This joint venture by the Y and Women's Services Center is the first step in dealing with homeless or underhoused women.

Room fees are $16.85 per night for non-Y-members and $15.25 per night for members. Weekly rental is $45.85 for non-Y-members and $44.60 for members.

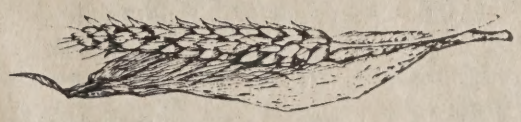
For more information, or to schedule an interview, call Women's Services Center at 499-2425.

PERSONALS

On September 15, 1982, David N. Hellman relocated his office from his home in Hupi Woods to 314 Main Street, Great Barrington, for the general practice of law.

Quinn McLean Wilson, the daughter of James and Megan Wilson of Tyringham, was baptized in the Monterey United Church of Christ on January 9 by the Rev. Dr. Virgil V. Brallier. The godparents were Janet B. Miller, Mrs. Wilson's sister, and her husband Richard Schater of Rochester, New York.

A reception was held for Margaret White in honor of her 90th birthday following church services Sunday, January 9, in the Social Room of the United Church of Christ. Among the friends and well-wishers who attended the event was Christopher Hodgkins, Fourth Berkshire District State Representative.



LETTER TO THE EDITOR

I was very concerned upon reading the letter to the editor in your December issue downgrading the office of the president and President Reagan himself.

He is probably one of the few elected officials who have carried out their term of office exactly as he said he would during the campaign that elected him by a large majority.

He inherited an economy that was floundering with runaway interest rates and high inflation. He has not cut back in most areas but only attempted to hold down the tremendous growth of vast social programs foisted on the taxpayers by decades of past liberal administrations.

Fourteen-and-a-half million of the nation's 83.5 million households now receive Medicaid, food stamps, public housing or federally funded school lunches. Of those 14.5 million, 53% had incomes *above* the poverty level. Because of facts such as this we will spend approximately 413 billion dollars per year on such programs. If, instead, we paid a direct cash payment to all of the poor to raise their income to that above the poverty level, it would cost only 102 billion dollars a year, less than one-quarter of what we are now spending on social programs for the poor.

In addition, Reagan has reduced the inflation rate to less than half of what it was two years ago and reduced interest rates at least 5%. Nobody said that it would be easy. Unemployment is a serious problem, but "make-work" programs by government have never been successful. It will take a continuing effort of our own free enterprise system with lower inflation and interest rates to assist them to compete with foreign production to provide jobs for our unemployed.

The fact is oft repeated that "there is no free lunch," and someone in government had to have the direction and guts to "stay the course," to turn loose the free enterprise system that made this great country to allow us to again be a showcase of development and peace for the world.

— Dean P. Amidon

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